If you catch fire...
STOP, DROP, & ROLL

Even young children have saved their own lives by dropping and rolling when their clothes caught fire.

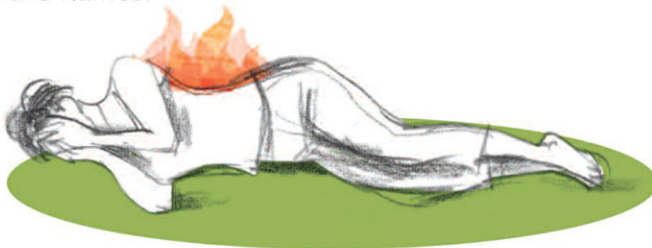## STOP
Stop where you are.

Do not run.

DROP
Drop to the ground or floor.

ROLL
Cover your face with your hands and roll to put out the flames.

Then...
COOL
the burn right away with cool water **only**. Call 9-1-1 for emergency care.

- If you can't drop and roll, wrap yourself in a heavy towel or blanket to put out the fire.
- Teach your children to STOP, DROP and ROLL.